



# Tools For Action

A sample of physical education initiatives in Wisconsin

## Muscle Review game

### Contact Information

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### Program Information

<b>Program Name</b>
Muscle Review game
<b>Program Category</b>
Favorite lesson or unit
<b>Grade Level</b>
Middle School (6-8)
<b>Assessment Method</b>

### Program Information

#### Products Developed or Materials Used:

There are no store-bought products for this activity other than scooters and hula hoops if used. I blew up and laminated seven sets of muscle posters without the muscles names on them. I typed up, laminated and cut up all of the various muscle names for the front and back of the body. I use this activity as a cardiovascular activity at the same time as a review. Student must perform various locomotor skills / or scooter activities as a means of transporting the muscle name from the opposite of the gym to where the posters are. Without communicating with anyone else on his team, Student A must identify and correctly place the muscle name (small laminiated sheet of paper with muscle name on it) on the correct muscle. After Student A has completed his turn, student B has the option of correcting (if needed) student A's answer or retrieving his own muscle to correctly identify. At the completion of the relay, the last player on each team has the option of making any changes to have a completely correct muscle review sheet. Once the team has decided that they are finished, the instructor will check the answers. If are any errors, all of the muscle names are returned back to the container at the other end of the gym and students must repeat the activity. They are much more focused and concerned with eachothers answers if they are forced to complete the task a second time. At the same time, such groups appear to know the muscles and machines better due to the repeat activity.

#### Program Description:

I have my students take part in a muscle review activity/game to reinforce the muscles and machines used in the weight training unit. This has served as a great review and has given students a good grasp on how much they know and understand about what muscles are worked using specific machines / exercises. It has proven to be a great team building activity also as they must work together in teams to accomplish the goal.